



This weeks Nutrients will be served to us as:

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Yoghurt, Weetbix, Raisin toast, Wholemeal toast	Yoghurt, Weetbix, Raisin toast, Wholemeal toast	Yoghurt, Weetbix, Raisin toast, Wholemeal toast	Yoghurt, Weetbix, Raisin toast, Wholemeal toast	Yoghurt, Weetbix, Raisin toast, Wholemeal toast
Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
Peach & Vanilla Yoghurt	Fruit Platter Milk	Oats with Banana Milk	Blueberry yoghurt	Pikelets Whipped cream 🛎 Home made berry Compote Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Chilli Con Carne with Brown rice	Marinated Chicken and salad wraps	Mongolian Beef and vegetable stir fry with Hokkien noodles	Veggie Bake with wholemeal bread	Creamy Pesto Chicken Pasta
Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Apple Muffins Fruit Platter	Corn thins Cheese slices Vegetable Platter	Herb & cheese damper Fruit and Vegetable platter	vegemite and cheese sandwiches Fruit Platter	Rice crackers Cheese slices Fruit and Vegetable platter
Late Snack	Late Snack	Late Snack	Late Snack	Late Snack
Rice crackers	Rice crackers	Rice crackers	Rice crackers	Rice crackers